



## Diploma in Practical Spirituality & Wellness

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# YOUR LEARNING OUTCOMES

Student Handbook 1.1 2017

### Unit 1

### SCIENCE AND CONTEXT

### Unit 2

### PERSON-CENTRED SPIRITUAL PRACTICE

### Unit 3

### DEVELOPING REFLECTIVE PRACTICE

### Unit 4

### SPIRITUAL CARE IN PRACTICE

This booklet contains a list of all the learning outcomes for this diploma course. Students are expected to achieve reasonably competent and practical mastery of all of them.

# Unit 1

## SCIENCE AND CONTEXT

### 1.1 Understand historical and cultural elements of the relationship between spirituality and medicine

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- 1 Discuss historical roots of medicine and spirituality

*Includes Europe, Middle East, Asia, tribal traditions*

- 2 Analyse the debate about the relationship between spirituality and medicine in contemporary culture

- 3 Discuss authoritative statements on good practice and spirituality

*Includes*

- *WHO*
- *Ofsted*
- *NHS*

### 1.2 Be able to reflect on own experience of spirituality and healthcare

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- 1 Be able to reflect on own experience of spirituality and healthcare

- 2 Discuss own experience of spirituality and healthcare

### **1.3 Understand evidence for the health benefits of spirituality**

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1 Assess evidence base for the health benefits of spirituality

2 Explain the difference between the health benefits of religion (traditional faith communities) and spirituality (individualistic)

*Includes community, identity, meaning, life style, spiritual practices*

### **1.4 Understand physiological mechanisms whereby spirituality and faith may benefit health and wellbeing**

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1 Summarise core concepts of mind-body medicine

*Includes how physiology and psychology integrate*

2 Explain physiological mechanisms

- Psychoneuroimmunology (PNI),
- Heart rate variability (HRV)
- Gut ecology
- Polyvagal theory

3 Explain how spiritual and faith based practices and attitudes may deliver health and wellbeing benefits

## **1.5 Be able to engage in a discussion on health and wellbeing benefits of spirituality**

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- 1 Engage in a discussion on health and wellbeing benefits of spirituality

*Includes all the elements in learning outcomes 1-4 above*

## **Unit 2**

### **PERSON-CENTRED SPIRITUAL PRACTICE**

#### **2.1 Understand Different Types of Spiritual Experience**

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- 1 Discuss diverse circumstances in which individuals may experience spiritual connection

*Includes the natural world, worship, arts, movement, meditation, giving care, family*

- 2 Discuss diverse personality types in relation to spiritual practice

*Includes contemplative, devotional, ecstatic, enquiring*

- 3 Explain key features of spiritual connection

*includes physical, emotional and intellectual aspects*

## **2.2 Be able to conduct a daily spiritual wellbeing practice**

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1 Carry out own daily practice of spiritual connection

2 Carry out practices to deepen health and wellbeing

*Includes kinaesthetic awareness of subtle sensations, relaxation, embodiment, compassionate care to self, yielding/emptying to experience*

## **2.3 Be able to reflect on daily spiritual wellbeing practice**

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1 Record key features of own daily practice

2 Discuss the process and challenges of own practice with peers

• LOVE •  
• COMPASSION •  
• WISDOM •

## 2.4 Understand Meditation Practices

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### 1 Discuss core skills of meditation

*Includes:*

- *Stilling*
- *Centering*
- *Embodiment*
- *Detached witnessing*
- *Compassion to self and others*

### 2 Discuss different forms of meditation

*Includes Vipassana, Zen, secular mindfulness, Christian, Ignation, inner dialogue, healing*

## 2.4 Be able to practice core skills of Meditation

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### 1 Demonstrate core skills of meditation

*Includes:*

- *Stilling*
- *Centering*
- *Embodiment*
- *Detached witnessing*
- *Compassion to self and others*

### 2 Reflect on own experience of core skills of meditation

## Unit 3

### DEVELOPING REFLECTIVE PRACTICE

#### 3.1 Understand Reflective Practice and Its Benefits

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1 Explain purposes of reflective practice

2 Discuss different methods of reflective practice

*Includes inner dialogue, journaling, contemplative walking, 24-hour reviews*

3 Describe health and wellbeing benefits of reflective practice

#### 3.2 Be able to carry out a daily practice of self-reflection

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1 Carry out a daily practice of self-reflection

*Includes*

- *Using strategies of compassionate self-witnessing*
- *Using practice of inner dialogue e.g. kinaesthetic awareness of subtle sensations and feelings*
- *Recording insights and learning*

### **3.3 Be able to process a personal issue that requires development**

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1 Investigate a personal issue that requires development

2 Assess appropriate strategies for development

3 Implement appropriate strategy for development

4 Reflect on the process and outcome of addressing a personal issue that requires development

### **3.4 Understand psychological challenges of personal and spiritual development**

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1 Explain psychological risks of spirituality and religion

*Includes behavioural, psychoanalytic and transpersonal models*

2 Discuss psychological challenges of meditation and mindfulness

*Includes confabulation ("Monkey Mind"), sub-personalities, repressed memories*

3 Discuss psychological challenges of spiritual practices

*Includes disassociation, disorientation, fragmentation of self, compensation, self-aggrandisement, delusion, fundamentalism*

4 Describe importance of compassionate care for self-managing psychological challenges

**3.5 Be able to support self in managing psychological challenges of personal and spiritual development**

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1 Assess a personal psychological challenge that requires attention

2 Implement strategy of compassionate self-care



## Unit 4

# SPIRITUAL CARE IN PRACTICE

### 4.1 Understand Spiritual Care Practices

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- 1 Explain practices of whole body listening

*Includes body language, emotional awareness, compassionate empathy, openness, positive regard*

- 2 Explain principles of holding an individual or group

*Includes embodiment, spiritual connection, co-presence, generosity of spirit, prayer*

### 4.2 Be able to practice whole body listening

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- 1 Carry out whole body listening for a sustained period with:

- an individual
- a group

*Includes body language, emotional awareness, compassionate empathy, openness, positive regard*

- 2 Demonstrate how to enable an individual or group into a short period of calm silence

### **4.3 Be able to hold an individual or group**

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1 Carry out practical preparations for creating a safe space to hold an individual or group

2 Carry out 'holding' an individual or group

*Includes embodiment, spiritual connection, co-presence, generosity of spirit, prayer, Tonglen*

### **4.4 Be able to conduct an enabling conversation around the subject of a spiritual wellbeing practice**

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1 Use strategies of appreciative enquiry

2 Use core listening skills

*Includes*

- *Mirroring*
- *Open questions*
- *Appropriate disclosure*

3 Discuss various approaches to spirituality and wellbeing in an enabling conversation

- 4 Perform appropriate closure of a one-to-one or group enabling conversation

#### **4.5 Understand psychological challenges that may arise in enabling conversations**

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- 1 Describe psychological challenges that may arise in enabling conversations

*Includes*

- *Denial*
- *Projection*
- *Transference*

#### **4.6 Understand how to assess risks and make referrals**

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- 1 Summarise major features of risk in spiritual development

*Includes depression ('Dark Night of the Soul'), hyper-activity, loss of sleep, Spiritual Emergency (see 4.3)*

- 2 Assess if a service user is at risk

- 3 Describe how to use appropriate supervision and referral procedure